

Basic Report 16347, Beans, pinto, mature seeds, canned, solids and liquids, low sodium

Report Date:September 01, 2014 17:11 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1.0 cup 240g	1.0 can total can contents 442g
Proximates				
Water	g	78.19	187.66	345.60
Energy	kcal	82	197	362
Protein	g	4.60	11.04	20.33
Total lipid (fat)	g	0.56	1.34	2.48
Carbohydrate, by difference	g	15.18	36.43	67.10
Fiber, total dietary	g	4.6	11.0	20.3
Sugars, total	g	1.02	2.45	4.51
Minerals				
Calcium, Ca	mg	47	113	208
Iron, Fe	mg	1.47	3.53	6.50
Magnesium, Mg	mg	33	79	146
Phosphorus, P	mg	92	221	407
Potassium, K	mg	276	662	1220
Sodium, Na	mg	146	350	645
Zinc, Zn	mg	0.56	1.34	2.48
Vitamins				
Vitamin C, total ascorbic acid	mg	0.7	1.7	3.1
Thiamin	mg	0.052	0.125	0.230
Riboflavin	mg	0.016	0.038	0.071
Niacin	mg	0.268	0.643	1.185
Vitamin B-6	mg	0.135	0.324	0.597
Folate, DFE ^a	μg	24	58	106
Vitamin B-12	μg	0.00	0.00	0.00
Vitamin A, RAE	μg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.55	1.32	2.43

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	
Vitamin D	IU	0	0	0	
Vitamin K (phylloquinone)	µg	2.1	5.0	9.3	
Lipids					
Fatty acids, total saturated	g	0.116	0.278	0.513	
Fatty acids, total monounsaturated	g	0.114	0.274	0.504	
Fatty acids, total polyunsaturated	g	0.203	0.487	0.897	
Cholesterol	mg	0	0	0	
Other					
Caffeine	mg	0	0	0	

Footnotes

^a Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

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